

NEWSNOTES

ID Card facility offers Saturday hours

The ID Card facility located at 5418 S. Scott Plaza will be open Saturday, Jan. 10 and Feb. 7 from 8 a.m. to 4 p.m.
For more information call 562-3373 or 562-6143.

Tickets available for MLK Luncheon

Tickets are on sale now for the Dr. Martin Luther King, Jr. birthday celebration to be held Jan. 15 at Club Dix from 11 a.m. to 1 p.m. The guest speaker will be Rev. Hilda Covington, CEO, Sisterhood, Inc.
Tickets are \$15. Ticket points of contact are: Fay Marshall-Dease, 562-2666, Kelly Cezar, 562-5881, Fran Booth, 562-3930 and Gaylor Simons, 754-5346.

Questions sought for Dix Town Hall Meeting

The next Town Hall Meeting is scheduled for Thursday, February 5, at Timmermann Center. If employees have any questions they would like to ask, they may do so at the meeting, or they may e-mail them to bill.howard1@us.army.mil.
They may also submit questions by phone to 562-6660, or send them directly to Bill Howard in Building 5418, Room 217A (adjacent to interior of PAO Conference Room). Questions will be kept confidential.

Medication disposal can pose environmental threat

Proper disposal of unused or expired medicine is an emerging environmental issue. As with any household waste, the disposal method chosen can have a direct effect on safety and the health of the environment.
Disposal via the toilet or the sink takes your drugs into the sewage system. Modern water treatment plants are not fully designed to deal with medication disposal.
The full extent of environmental damage and the long-term health risks of even a small amount of medications in our drinking water remain unknown.
Any unused or expired medications can be brought back to your pharmacy for a safer, environmentally friendly disposal.

WEATHER

FRIDAY -- Cloudy and breezy, slight chance of rain, high of 39 degrees and overnight low of 24.

SATURDAY -- Flurries with a high of 42 and low of 30 degrees.

SUNDAY -- Partly cloudy, mixed drizzle and flurries, high of 36 degrees and overnight low of 18.

MONDAY -- Cloudy, continued cold with daytime high of 36 and low of 20.

TUESDAY -- Cloudy with chance of light rain mixed with snow, high of 40 and overnight low of 14 degrees.

WEDNESDAY -- Sunny in morning giving way to afternoon clouds, cold with high of 22 and low of 19 degrees.

THURSDAY -- Snow showers, windy with daytime high of 24 and overnight low of 22.

FRIDAY -- Snow showers, continued cold with high of 23 and low of 13.

Soldiers preview weapons

Non-lethal technology offers new capabilities

Sgt. Douglas Roles
56th SBC PACO

Soldiers of the 56th Stryker Brigade Combat Team will have available some of the latest non-lethal capabilities to man checkpoints and conduct detainee operations during their upcoming deployment to Iraq.
Roughly \$1 million of new equipment, fielded to the Pennsylvania Army National Guard brigade this week during training at Fort Dix, will not only be of use in Iraq but will return with the brigade. The brigade is the first Guard unit to be fielded the entire Brigade Non-lethal Capabilities Set, an official said.

The 56th SBC Soldiers participated in four days of training in the use of the set, developed largely by the combat developers of the Army non-lethal team. The set is comprised of four mission-specific modules, for checkpoint, convoy, crowd control/detainee operations and dismounted patrolling missions.
Soldiers learned about nets that can stop oncoming vehicles and

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Sgt. Douglas Roles

ELECTRIFYING EXPERIENCE -- Staff Sgt. Javier Garcia, Headquarters Troop, 2-104th Cav., of Mount Pocono, Pa. (center) falls forward after being shot with a TaserRR by Concurrent Technologies Corporation non-lethal subject matter expert Troy McVay flank. Javier is flanked by safeties Staff Sergeant Evan Lally (left) HHT 2-104th Cav. of Boston and Sgt. Craig Strohl, Co. A, 2-112th, of Summit Hill, Pa.

Long honored for tech legacy

Jennifer Chupko
Public Affairs Staff

Well-wishers gathered at 5321 Delaware Ave Dec. 19, 2008, for a building dedication ceremony in honor of Douglas Long, who served as the Director of Information Management on post for many years.
Long had a vision of technology advancement and made his mark in the Fort Dix community for 38 years.

"We've come to the realization that information controls the business process," said Long in an interview prior to his retirement in 2000. "Shared information has become the key, and technology has not only made it possible, but essential that we share."

Richard Eckstein, now the Director of Information Management, said Long's single-minded pursuit of technical has been a huge benefit to Fort Dix. "Today's dedication honors an

individual who dedicated a large portion of his life to the Army and to the Communications Arena. It is very fitting to name a communications facility in his honor," Eckstein said.
Long, born in Mullen, Neb., lived with his family in Seattle.

He began working in commercial radio until drafted by the Army in 1958. His basic training was completed in Fort Carson, at which time he was sent to Fort Gordon to be trained as a pole lineman.

After returning home to Seattle in 1966, Long finished an educational degree and was offered a job at Fort Dix.

Long was a staple of the technology advances at Fort Dix. He took a job fielding television used for basic training.

Long said watching the change and advancements in technology over the years on the installation was an incredible experience.

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Ryan Morton

UNVEILED -- Laura Long and Col. Ronald Thaxton, Fort Dix installation commander, unveil a photo of Laura's father, the late Douglas Long, during the dedication of Bldg. 5321, on Delaware Ave. in his honor Dec. 19, 2008.

Heads up: Personnel record check underway

Following the last Fort Dix Town Hall meeting, held on 30 October 2008, Directors met with their workforce to address the impact that Joint Base M-D-L would have on each organization. During those meetings, Steve Melly, Deputy to the Commander, and representative from the Civilian Personnel Advisory Center (CPAC), addressed employee's concerns, answered questions and provided information regarding the personnel transition from Army to Air Force, as known at that time.

Beginning Jan. 9 2009, all Appropriated Fund civilian employees will be offered an opportunity, and encouraged to review their Master Employee Records (MER) for accuracy.

These records are generated from the personnel systems database, and show employee information as it currently exists in the system. Employees will be able to make necessary changes to those records, which will then be updated by the Processing Center in Aberdeen Proving Ground, Maryland. Following completion of those updates, the CPAC will request the official personnel records for all of the employees be brought to Fort Dix. At that time, employees will be

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Sick call changes for Soldiers assigned to Dix

Beginning January 12, sick call procedures for all permanent party Soldiers assigned to Fort Dix will be modified.

Soldiers who receive their care through the 305th Medical Group on McGuire Air Force Base must call 1-866-DRS APPT (1-866-377-2778) for a same day appointment if they are not feeling well and need to be seen by a health care provider.

Soldiers who are unable to make a telephonic appointment using the above telephone number must utilize the After Hours Clinic located at 3458 Neely Road (behind the Post Exchange on McGuire AFB).

Hours for the new clinic are 4:30 p.m. to 9 p.m. Mon-Thurs; 4:30 p.m. to 8 p.m. Fri; 8:30 a.m. to 1:30 p.m. on Sat; 11 a.m. to 4 p.m. Sun; and 11 a.m. to 3 p.m. on holidays.

Additional information on the After Hours Clinic, including weekend and holiday hours, can be found at <http://www.mcguire.af.mil/305thmedicalgroup/index.asp>. Routine care, including the annual Periodic Health Assessment, and follow-up care for chronic conditions should be provided only through an appointment with an assigned Primary Care Provider at the 305th Medical Group or on line at www.tricareonline.com.

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Location

The After Hours Clinic is located at 3458 Neely Rd., behind the BX/PX on McGuire Air Force Base. Parking and the entrance are on the east side of the building. The After Hours Clinic is on the left side of the Atrium.

What conditions will be evaluated at the After Hours Clinic?

- Sprains and minor fractures
- Sore throats and colds
- Muscle aches and pains
- Cuts, scrapes and minor wounds
- Coughs
- Difficult or painful urination
- Earaches
- Minor burns
- Back strain
- Minor eye injuries, infections or irritations
- Other minor conditions

leisure

'Big Apple' hospitality wows Alabama troops

Sgt. Maj. Troy Falardeau
314th Public Affairs
Operations Center

When millions of people around the world watch the ball drop in Times Square on December 31, they will see glitz and wild revelry that the Big Apple hosts annually. What they won't see, however, is what Soldiers of the 314th Public Affairs Operations Center saw only 24 hours earlier - positive proof that New York City loves its military.

Since our unit is already validated, First Army at Fort Dix, N.J., allowed us to take a field trip before leaving for Iraq and we chose New York City. With a little planning, appropriate paperwork, and much-appreciated support of Maj. Denise Wurzbach, we got approval to travel 75 miles to visit a mix of cultural, military, economic and entertainment sites.

Dressed in Army Combat Uniform, fleece jackets, and gloves, we loaded our vans and headed out at about 10 a.m. Rather than face the challenge of driving and parking on Manhattan, we opted to park at the tip of Staten Island (New York City's most southern borough). If you park in the lots at the Staten Island Ferry landing, you can park for only \$7 a day and then ride the ferry across New York Harbor for free. Yes, free! If you have ever seen Melanie Griffith in the movie "Working Girl," you will see her on the same ferry. As an added bonus, the ferry passes near enough to get great pictures of the Statue of Liberty as you draw close to Battery Park on the southern tip of Manhattan.

Once we disembarked the ferry, we walked north on Broadway Avenue, past Wall Street, and finally arrived at Ground Zero - the former site of the World Trade Center. Currently, the site is busy with construction vehicles on the street and in the pit that seems to drop hundreds of feet below street level (I want to know how they can keep all the water that surrounds Manhattan from filling the hole). Above the tourists and construction, several cranes soared hundreds of feet into the sky, delivering the raw materials that will become a new World Trade Center (see <http://www.wtc.com/>).

As soon as we arrived, Lt. Col. Perez called us near the site and pulled a U.S. flag from the backpack he carried. He spoke to a man selling 9/11 commemorative booklets to passing tourists and handed over a camera. We quickly fell into formation with the construction site behind us and then unfurled the flag. After a few pictures had been taken and the supportive vendor was thanked, he called us all around and told us of his plan to take this same flag to Baghdad and display it proudly.

While we stood in formation listening, I did not realize that dozens of tourists and New Yorkers had gathered around us, some with their own cameras. After we were finished, they began to approach and ask if they could take a picture with us or shake our hands. **Our Soldiers and our flag were the visual representation of what the hole in the ground could not communicate: we were Americans standing together to defeat aggression and rebuild.**

After lunch nearby, we headed to the subway for a ride



www.igougo.com

FERRY TO NEW YORK -- After completing training at Fort Dix, members of the 314th Public Affairs Operations Center from Birmingham, Ala. took the Staten Island Ferry into New York City for a turn of the year celebration recently.

As soon as we entered the station, a woman from the ticket window came out and told us to put our money away. "You can ride for free," she said. "Soldiers in uniform don't pay." She opened the gate and let us pass, thanking each of us Soldiers for our service.

When we got off the train at 34th and Herald Square, we were only a block from the Empire State Building, currently the tallest building in New York City. The building has an observation deck on the 86th floor which is always popular with visitors. December 30 was no exception. The line to get to the top stretched outside the building and down the block. It would likely have taken us more than three hours to get there...but not for Soldiers in uniform.

We walked to the front of the line and the doorman to the building ushered us to a separate door. Like the woman in the subway, he opened the door and thanked us for our service to the nation. Once inside the building, at each "checkpoint," another building employee called us forward and pushed us past crowds to get to the top. Instead of hours, we were standing on the observation deck, more than 1,000 feet up in minutes (yes, our ears "popped").

The day could not have been better for taking pictures, or dealing with acrophobia. There wasn't a cloud in the sky, giving us unfettered views of New Jersey, Connecticut, Massachusetts, Pennsylvania, and, of course, New York. Buying a ticket like the one we were given would have cost each of us almost \$50. I was beginning to think that maybe the Army should use all the great benefits in New York City in its next ad campaign.

As we departed the tower, we were afforded the same treatment. We went to the front of the line for elevators back to the ground level. Once outside the building, we walked about 10 blocks to our next destination: the USO at the Port Authority Building. If you have never been at a USO, let me share some of what you are missing. USOs around the world cater exclusively to military members and their families - at no cost for most services. This one was no exception. It included two different rooms with a widescreen television and comfortable leather chairs and sofas; a dining area with free drinks and snacks; and a computer room to check up on



BIG APPLE -- Reservists from the 314th Public Affairs Operations Center out of Birmingham, Ala. visited the Empire State Building and other sites in New York City after completing their training at Fort Dix.



photo courtesy of 314th Public Affairs Operations Center

STAR STRUCK -- Soldiers from the 314th Public Affairs Operations Center report being thrilled to meet Clay Aiken, above, and other members of the "Spamalot" cast on Broadway.

emails. However, the best part of any USO is the volunteer staff, but this one had a few special touches. For instance, visitors to this USO are greeted by staff that can help them find discount tickets to events at Broadway theaters (or off-Broadway), Madison Square Garden, and elsewhere in "the city." The staff here also includes a singing group called the Liberty Belles, an a cappella group that sings patriotic songs. On this night, we were treated to some music made popular by the Andrews Sisters (those of you less than 40 years old, please Google).

While the commander and I and a couple other Soldiers rested our feet for a while, the rest of the unit went out into area around the USO in groups to explore during three hours of "free time." Sgt. 1st Class Poulsen, a New York City native with ties to entertainment community, assembled some of his family and friends from Manhattan for dinner and invited unit members to join him. Another group of about six Soldiers explored nearby Times Square. And still others went to a very nice Japanese dinner (only to receive free appetizers from other patrons to thank them for their military service).

Each group returned with a different story about how they interacted with locals, including SGT Tull's group which was approached by some pre-teen entrepreneurs who wanted to act as "security guards" - I guess they figured Soldiers in uniform needed protection.

By 7 pm, all had gathered back at the USO before the final major event of the day - a Broadway show!

When the staff of "Spamalot" heard about our trip to Manhattan before our deployment, they offered us free tickets to see this Tony Award-winning show. After nearly four years, the show was scheduled to close on January 11, 2009, so each of the last shows was already sold out. The addition of American Idol star Clay Aiken to the cast added to the draw, and made the offer of free tickets even more amazing. Despite all that, Wendy Orshan and Katharine Croke from the Spamalat production team, called us earlier this week and offered us tickets for all of our Soldiers. Most of the tickets were called Standing Room Only, where you are stand in the back of the theater and rest your arms on a padded divider (this was a lot more

roomy than a typical theater seat since I could easily step back and stretch...and not have to upset the people in the adjacent seats). The theater also gave us three regular seats, which was perfect because we had three Soldiers who had hurt their feet during recent training. Amazingly, a married couple from New York approached us during the show's intermission and said they would take the Standing Room Only spaces. The seats they gave up were front and center - so two of our Soldiers, SPC. Richardson and Pfc. Clifton, watched the second half of the show from there.

If that New York City hospitality was not enough, Wendy and Katharine called us an hour before the show and told us the cast and crew wanted us to stay after the show so we could meet them onstage. As the curtain came down at the end of the show, I could see the anticipation of our Soldiers. With only a few people left, we ventured down to the stage. Within minutes we were talking to Michael Siberry, Merle Dandridge, Clay Aiken and the rest of the cast. It was a once-in-a-lifetime experience for all of us.

I was particularly impressed by their desire to make us feel special that night. Clay Aiken told us that he had talked to his brother, a U.S. Marine who happened to be in the audience that night, about what to say to a group of Soldiers. After practicing "hoorah" a few times, he decided instead to ask the cast to change one of the lines in the play to have them sing some of "Sweet Home Alabama" to honor our Birmingham, Alabama unit location. When we told him we were from Birmingham, he joked and said "oh...that's where Rueben [Studdard] is from."

As we left the theater energized, we boarded the subway for our trip back to Battery Park, Staten Island, and then the drive home. During that drive, I sat in the front seat of one of the vans, and could hear many of the Soldiers talking about how great New York City and its residents are. I would have to agree. They gave this Army Reserve unit a more personal and heartfelt Big Apple send off to 2008 than the cold, crowded frenzy taking place 24 hours later.

Thank you New York City! (Editor's Note: Read more about the 314th soldiers in Baghdad over the next year by visiting the unit's blog site at www.blogsoverbaghdad.com.)

Dixan on the street

compiled by Steve Snyder

"If you bothered to make a New Year's resolution, what would it be?"

Cheryl Smith >
waitress, Cinnabon
PX/BX

"I'd like to go to an island all by myself and just relax."



< Tom Ely
concessionaire at PX,
glass figures

"To spend more time with my daughter, somebody's got to dance. We love to go dancing."



Tammy Harper >
manager of the
Fort Dix Flower Shop
at the PX

"Do more things with the family, especially with my grandchildren. Have them over more. We went to Long Wood Gardens in Pennsylvania [on our last outing]"



Staff Sgt.
< Justin Newcomer
HHHC, 1/11th Recon
based in Honesdale, Pa.

"I want to eat better, cut out all the fat [as he chows down on an ice cream sundae at Cinnabon]."



Margaret Burns >
commissary worker

"No more war. [On a personal level] Love and happiness."



< Chris Smart
retired Soldier,
postal worker

"Long life. And to get rid of the tax-and-spend liberals in government."



the Post

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Long honored

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Installation Commander Col. Ronald Thaxton honored Long's 38-years of work in the advancement of technology at the building dedication ceremony.

"Doug Long spent his life bringing technology to this installation," he said. "We are proud to dedicate this building in his remembrance."

During the ceremony, a portrait of Long was unveiled. It now hangs on the wall at the entrance of the building. A plaque of his remembrance also sits outside the facility.

Among those attending the ceremony were his daughter Laura Graves and granddaughter Alison.

After the unveiling, his daughter's emotional acceptance was short and simple.

"Thank you," she said. "This means a lot to us."

Graves said she is proud that her father's longstanding idea for achievements at Fort Dix continue to flourish.

"This makes us very happy that his work is recognized at Fort Dix," said Graves. "He had so much fun doing his job—he was very happy here."



U.S. Army Photo

AHEAD OF THE CURVE — Private Doug Long helps set up one of the Army's first television stations at Fort Gordon in 1959. He guided Fort Dix through the rapid expansion of communications technology.

Job search grows for injured vets

WASHINGTON (Army News Service, Jan. 5, 2008) Thirty percent of employees of the Department of Veterans Affairs (VA) are veterans — the second highest ranking among cabinet departments after the Department of Defense — and nearly 8 percent of VA employees are service-connected disabled veterans. But the VA intends to increase the number of disabled veterans who obtain employment in its workforce.

"I am proud of this effort," said Secretary of Veterans Affairs Dr. James B. Peake. "VA knows the true quality of our men and women, and we should be a leader in employing them."

Peake said all severely injured veterans of the wars in Iraq and Afghanistan will be contacted by VA's Veterans Employment Coordination Service.

Service to determine their interest in VA jobs. So far, that office has identified 2,300 severely injured veterans of those wars, of whom 600 expressed interest in VA employment.

The coordination service was established a year ago to recruit veterans into VA, especially those seriously injured in the current wars. It has nine regional coordinators working with local facility human resources offices across the country not only to reach out to potential job candidates but to ensure that local managers know about special authorities available to hire veterans.

"Our team is spreading the message that VA is hiring, and we want to hire disabled veterans," said Dennis O. May, director of VA's Veterans Employment Coordination Service.



D. Myles Cullen

WORK SEARCH — Staff Sgt. Liliana Caparo shares her observations of Walter Reed and the Veteran Affairs program with Vice Chairman, Joint Chiefs of Staff, Marine Gen. James Cartwright at a luncheon in Washington, D.C.

Records

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afforded an opportunity to review their own record. The CPAC will notify employees, by Directorate, when their records are available for review.

A similar opportunity will be offered to our Non-Appropriated Fund employees, beginning in February. NAF Civilian Employee Briefs (CEB) will be provided for each NAF employee to review and update their database records, as required. After updates are made to the database systems, NAF employees will be provided the opportunity to review their official personnel files as well. NAF official personnel files are maintained in the Ft Dix CPAC.

Any questions regarding this process may be directed to Jennifer Simmons at 562-2211.

Pay hike shows in January

WASHINGTON (Army News Service, Dec. 30, 2008) — There'll be something extra in everybody's paycheck this month.

Active-duty personnel will draw an across-the-board 3.9 percent pay raise beginning Jan. 1.

A sergeant with five years of service, for instance, will see an increase in monthly base salary of about \$88 dollars.

The 2009 military pay tables are listed at: <http://www.dfas.mil/militarypay/militarypaytables/2009Military-PayTables.pdf>.

Civilian employees under both the General Schedule and National Security Personnel System pay plans are also receiving pay raises.

Civilians under the GS system get an across-the-board pay raise of 2.9 percent in 2009.

Civilians under the NSPS pay system will see a hike of 1.74 percent and can earn additional performance-based salary increases through the NSPS "pay pool" process.

POLICE LOG

Police Log is a weekly synopsis of significant police activities developed from reports, complaints, incidents or information received and actions taken, for the week of Dec. 29, 2008 through Jan. 4, 2009.

The abbreviation DoD stands for Department of Defense; NAFD means Not Affiliated with Fort Dix (the subject doesn't live or work here); NCIC stands for National Crime Information Center; DWI means Driving While Intoxicated; CDS means Controlled Drug Substance; POV means Privately Owned Vehicle; MAFB stands for McGuire Air Force Base; USAF EC stands for US Air Force Expeditionary Center; AHCC stands for Ambulatory Health Care Clinic (MAFB); VMHBC stands for Virtua Memorial Hospital of Burlington County; CP# stands for Checkpoint Number.

●During a routine traffic stop on Fort Dix Road, police discovered the vehicle operator, a civilian NAFD, was under the influence of intoxicants. Further investigation revealed the subject was driving on a suspended driver's license, was in possession of CDS paraphernalia, and had two outstanding warrants. The subject was transported to the police station for processing and transferred to the custody of Burlington County Corrections. The vehicle was towed from the scene.

●While processing a visitor at the Visitor Center police discovered the individual, a civilian NAFD, had an outstanding warrant from Mansfield Township. The subject was transported to the police station for processing and transferred to the custody of the Mansfield Township Police.

●Police operated a Sobriety Safety Checkpoint as directed by the Installation Commander. A total of five vehicles were checked with negative results.

●While processing a visitor at the Visitor Center police discovered the individual, a civilian NAFD, had two outstanding warrants from Trenton. The subject was transported to the police station for processing and transferred to the custody of the Trenton Police.

●While processing a visitor at the Visitor Center police discovered the subject's vehicle had expired registration. The subject, a Fort Dix contract employee, was cited and the vehicle towed from the scene.

●Police responded to a report of larceny of private property in the Garden Terrace housing area. Investigation revealed person(s) unknown had taken a holiday light decoration from the yard of a resident.

●Police responded to a traffic accident at the Main Gate. Investigation revealed a truck, operated by a civilian NAFD, struck another vehicle while attempting to negotiate the serpentine. The subject's vehicle sustained minor damage. The victim's vehicle sustained major disabling damage and was towed from the scene. There were no reported injuries.

●Police and emergency medical personnel responded to a report that an individual at Bldg. 5611 had been involved in a motor vehicle crash with injuries on Texas Avenue. The subject, a Soldier assigned to Fort Dix, declined medical treatment. The subject also appeared to be intoxicated and was transported to the police station for processing. The subject's vehicle was located on Texas Avenue where investigation revealed it had struck the fence and Bldg. 3324 on McGuire AFB. The vehicle was towed from the scene. The subject was cited for driving under the influence of intoxicants, fleeing the scene of a traffic accident, and reckless driving and was released to her chain of command.

●While conducting a routine credential check of a vehicle attempting to enter the installation via CP #9 police discovered the operator, a civilian NAFD, had an outstanding warrant out of Union City. Union City was contacted and provided a new court date.

●While conducting a routine credential check of a vehicle attempting to enter the installation via the Wrightstown gate, police discovered the vehicle, operated by an Airman assigned to McGuire AFB, had expired registration and inspection. The subject also could not provide proof of insurance. The subject was cited and the vehicle towed from the scene.

●There was one expired identification cards confiscated during the period.

●There were 22 Magistrate Court Citations issued for moving violations. DWI incidents for 2008 total 14.

Fed workers must take POSH course

New Federal employees are required to take the Prevention of Sexual Harassment Training (POSH) within the first 90 days of their employment. Employees who have had POSH training are required to take a refresher course every two years. The deadline for this training is Jan. 30.

The training is offered online for Department of the Army civilians. It is a four hour course. Employees must sign-up to become members of SkillPort (the Army E-Learning Program). The required POSH training can be found by following the steps below.

1. Go to Army E-Learning <https://usarmy.skillport.com/SkillPortFE/login/usarmylogin.cfm>
2. Log-in (on the left) with your Army E-Learning username and password, or follow the New User instructions in the center column of the page.
3. Under Catalog (at the top); My Assignment, select the Army Custom Curricula
4. Select Army Reserve EEO subfolder
5. Select POSH subfolder
6. If this is the first time you are taking the course, select **What is Sexual Harassment?** (4 hour course) If this is a refresher course, employees should take **Hostile Work Environment Harassment** (2 hour course). There is also an additional course titled **Quid Pro Quo Harassment**. (2.5 hours course).
7. Launch or Download the course.
8. After you complete the course, your permanent civilian training record will be updated. However, it is recommended that individuals print and maintain a record of their training completion certificate, and be sure to give a copy to your Training Coordinator for record keeping purposes.

Please note that certification for POSH training can only be done through the online courses.

**NOTE
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RIGHT
TO FACILI-
TATE
LAYOUT.**



All photos by Fort Dix PIO Staff



THE FIRST BITE — Retiring Congressman Jim Saxton, long-term supporter of the Wykehousen revitalization project, takes the first crunch out of building slated for demolition in a ceremony March 21. Below, Soldiers practice sliding under razor wire during mobilization training. Andrew Reid received the "Call to Service" President's Service Award March 28 from President George W. Bush at McGuire Air Force Base.

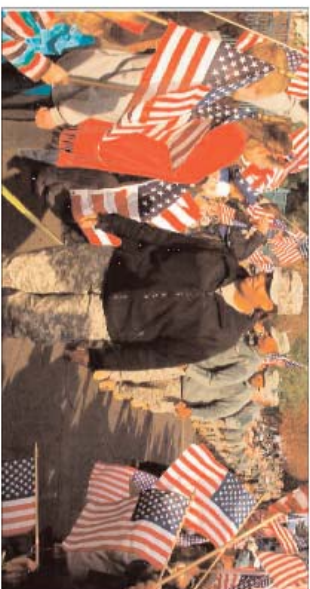
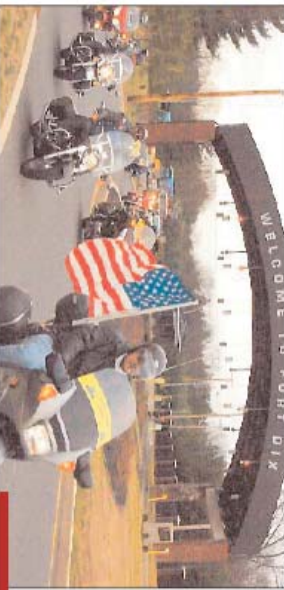


MORE THAN FEELER—More than 270 Soldiers from Fort Dix spent their Thanksgiving celebration with a nutritious meal prepared by residents, volunteers and cycle club members in Cherry Hill Nov. 27. The Soldiers were treated to a traditional holiday dinner and an afternoon of games, music and festivities by Honorary Company E. The E. Speck and members of Post 126 of the Jewish War Veterans of Honorary Company E. made a tradition for both Fort Dix and the community.

THINGS YOU NEED TO KNOW — Financial expert Steve Oram signs copies of her book, "The Money Book for the Young, Fabulous and Broke," during a visit to Fort Dix in January to coach Soldiers on how to manage their money. Above, Sgt. James Hoffmann, PFC Gary Hertz, and PFC Mike Rizer and trainee Rodriguez, prepare generators for shipment to Iraq in advance of the 135th Military Police Company out of Cuyahoga, Ohio. Right, Fort Dix Community Sgt. Maj. Bonita Davis reads the "Happiest Birthday U.S. Army" book to students from the Child Development Center at a party outside Humana Hall June 14 celebrating the Army's 253rd birthday.



VISITING LEGEND—Col. Ronald Thaxton, Fort Dix commander, and former boxing heavyweight champion Smokin' Joe Frazier, present a plaque to Ronald Simms, coach of the U.S. Marine Boxing Team at a match with a Philadelphia boxing team in Griffith Field House July 18.



New logo identifies equipment, clothing

Kathi Ghannam
PEO-Soldier Public Affairs
Advisor

FORT BELVOIR, Va. (Army News Service) — Program Executive Office Soldier has developed a "certification process" to help Soldiers identify off-the-shelf clothing and equipment that meet the Army's standards for safety, performance and durability.

PEO-Soldier, the agency responsible for developing, acquiring and fielding Army equipment, recognizes there is no one-solution fit that is universal to all Soldiers, so many look to the commercial market to augment Army-issued gear.

However, not all off-the-shelf equipment and clothing labeled "mil-spec" has been actually certified for military use. Under the PEO-Soldier Certification Program, Approved Product Lists, or APLs, have been developed and are being adapted to incorporate various types of equipment as requirements are identified.

Items presently on the APLs include eyewear, combat gloves and flashlights.

"The Army will always prioritize the internal design, creation, testing and fielding of the best Army issue equipment available," said Lt. Col. Michael Sloane, PEO-Soldier product manager for clothing

and individual equipment.

However, Sloane acknowledged there are suitable and reasonable alternatives outside the Army.

Through responses to solicitations, manufacturers who are interested in receiving PEO-Soldier certification are asked to submit their products to the Army for testing to determine suitability and possible inclusion in the APLs.

APL authorizations and enhancements are driven by rigid standardized testing and user input, officials said. Once certification is obtained, approved products are branded with the Army Team Soldier Certification logo. The logo also appears on issue items to

help ensure Soldiers aren't misled into purchasing knock-off items. The logo will either be incorporated into a tag or branded directly on equipment.

"I think this is an excellent tool for Soldiers and leaders," said Sgt. 1st Class William Corp, equipment modernization NCO for the product manager office.

It helps Soldiers make the best decisions possible when purchasing personal equipment.

Although the PEO-Soldier Certification Program is primarily aimed at providing assurance to Soldiers who buy gear from authorized vendors, some vendors may also be



Staff Sgt. Michael J. Carden

NEW ID — The Army Team Soldier Certification logo will help Soldiers identify off-the-shelf items that have been Army-tested and approved. The logo will either be incorporated into a tag or branded directly on equipment.

licensed to sell some of the same gear in general commercial markets. In these cases, the licenses will be royalty-bearing, with net royalty proceeds benefiting the Army's morale, welfare and recreation programs.

Dix civilian employee honored

Jennifer Chupko
Public Affairs Staff

Shirley Hartmann's tenure at Fort Dix started 40 years ago. She has been the Lead Human Resources Assistant Military Civilian in the Casualty Affairs Office for nine of these years. Her dedication and performance was recognized Dec. 11, 2008, with a Fort Dix Civilian Employee of the Year Award.

Hartmann's performance and dedication is exhibited by strenuous hours of handling casualty cases.

She is on-call 24 hours a day, seven days a week.

Thanksgiving day, she was at work. Christmas day, she was working.

"There are long hours that this job requires," said Hartmann. "It is rewarding. The families need support."

Hartmann was quick to point out that it was not an individual effort, and that

those beliefs were held by all of her co-workers.

"We need to work together as a team," she said about her three other co-workers.

"When you are under stress, we support one another."

Hartmann coordinates chaplain support and benefit guidance with the families of the deceased with a complex network of general staff functions and lines of communications. She is responsible for the timely flow of a notification system.

Horton named supervisor of year

Jennifer Chupko
Public Affairs Staff

The Fort Dix Civilian Supervisor of the Year Award recognizes unique and exceptional contributions by civilian personnel who go above and beyond the requirements of their job. Alcohol and Drug Control Officer, Denise Horton was awarded one Dec. 11, 2008.

Horton could be described

as a "jack-of-all-trades" when it comes to the job she has held for eight years at the Alcohol and Substance Abuse

"Everyday these Soldiers put their life on the line," said Horton. "It is the most righteous thing in the world."

"Everyday these Soldiers put their life on the line. It is the most righteous thing in the world."
—Denise Horton

Program.

According to Horton, taking care of the Soldiers and their substance prevention needs is her priority.

Some of Horton's responsibilities include stress management, suicide prevention, driving while intoxicated (DWI) prevention, and working with

individuals who have been in drug or alcohol harm's way.

Horton also works closely with the Soldiers of Mobilization Readiness Alpha Co. They oversee every mobilized Soldier's processing and assure the required tests are conducted correctly.

"I have the utmost respect for her," said Staff Sgt. Anthony Askew, Alpha Co., Mobilization Readiness Battalion.

"She is honest and true blue," he said.



Ryan Morton

Job well done

Col. George Blackwell, left, Mission and Installation Contracting Command at the Pentagon, presents Marvin Kastberg, retired Fort Dix Contracting Chief, the Decoration for Exceptional Civilian Service, Dec. 17.

What conditions will be Evaluated at the After Hours Clinic?

- Sprains and minor fractures
- Sore throats and colds
- Muscle aches and pains
- Cuts, scrapes and minor wounds
- Coughs
- Difficult or painful urination
- Earaches
- Minor burns
- Back strain
- Minor eye injuries, infections or irritations
- Other minor conditions

The After Hours Clinic Staff may determine a patient's condition exceeds the capabilities of the Clinic. If this occurs, the patient will be transferred to a facility better equipped to manage the condition.

Hours of Operation

Mon- Thurs: 4:30pm - 9pm
Fri: 4:30pm - 6pm
Sat: 8:30am - 1:30pm
Sunday: 11am - 4pm
Holidays: 11am - 5pm

Important Numbers

Emergencies: Dial 911
PCM Apps: 1-888-ONS-APPT (377-3778)
PCM After Hours: 1-888-ONS-APPT (377-3778)
Flight Surgeon: 1-888-621-8419 (601-681-8419)
Routine Appointment on Line: www.tricareonline.com

Serving Our Customers

The After Hours Clinic

Bringing Medical Care to Our Customers After Hours

When you or your family's minor medical needs can't wait

The 305th Medical Group is proud to offer after hours and weekend NON-EMERGENCY medical care. No appointment is required. This service is open to TRICARE Prime Beneficiaries.

Location

The After Hours Clinic is located at 3455 Army Rd (behind the BDPD) on McGuire AFB. Parking and entrance is on the East Side of the Building. After Hours Clinic is on the left side of the entrance.

Quality Care in our Passion. Medic Can Do! Will Do!

Why Have a Minor Illness & Injury Clinic?

Most of us don't often visit when your doctor's clinic is closed. For conditions that we can't live with, but need prompt attention we offer the After Hours Clinic. It is designed to assess and potentially treat you and your family. No appointments are required and most visits are free (some concerning drugs a visit to the emergency room).

Why is it important to contact your Primary Care Manager (PCM)?

For minor problems it is better to visit your PCM rather than going to an emergency room or the After Hours Clinic because your PCM is aware of your medical history and can care for you as currently existing. Often these conditions may be treated in the PCM's clinic. Your PCM has experience treating patients with such conditions. A PCM is available 24/7 to answer questions concerning your medical care.

When you call with a urgent need, expect a same or next day appointment. Your PCM can advise in determining whether the PCM Clinic, After Hours Clinic or ER is appropriate. Contact your Primary Care Manager (PCM) at 1-888-ONS-APPT for more details on hours, location, times.

When should I go to an Emergency Room?

If you are experiencing any of the following symptoms, don't wait. Call 911 or go to the nearest hospital emergency room.

- Chest pain
- Severe abdominal pain
- Difficulty breathing or shortness of breath
- Sudden dizziness, weakness or loss of coordination or balance
- Sudden severe nose
- Numbness in the face, arm or leg
- Sudden, severe headache
- Deep cuts or bleeding that won't stop
- Coughing up or vomiting blood
- Severe burns
- Seizures

The After Hours Clinic IS NOT a substitute for emergency care. You should use a hospital's emergency department for very serious or life-threatening problems. Locate your nearest emergency room before one occurs.

An emergency is defined as medical care necessary to prevent or relieve a condition in which a person with no medical training, using reasonable factors that an emergency medical condition exists.

Why should I go to the After Hours Clinic for minor illness & injury instead of an emergency room?

Because emergency rooms take patients whose conditions are most serious first, you could have a lengthy wait if your condition is not an emergency. So why not go to our After Hours Clinic where your primary goal is to meet minor needs that can't wait until the PCM clinic opens.

Also, take a moment to imagine your family member has a true emergency and you visit an emergency room where the staff is challenged with treating non-emergency conditions and can't quickly care for your family member. Wouldn't your worst emergency care available for your loved one as promptly as possible?

After Hours Clinic
Medic! Can Do! Will Do!

WEEKEND SKI TRIPS AT WEST POINT!

SHINE AND SNOWBOARDING GETAWAYS FOR THE ENTIRE FAMILY!

We will be taking these action packed trips on the following weekends:

FR/SAT January 16-17 - Martin Luther King Holiday Weekend Trip
FR/SAT February 13-14 - Presidents Day Getaway Family Trip
FR/SAT February 20-21 - Polar Family Fun Fest

Pricing and Trip Information

FAMILY GROUP OF 4 - \$1,000 PLUS DED FOR EACH ADDITIONAL PERSON
NOVEMBER PRICE \$100

TRAVEL INFORMATION SHEET AT THE TOP OF SIGNUP
WE WILL BE STAYING AT THE 5 STAR PINELANDS RESORT TO THE UNITED STATES MILITARY ACCOMMODATION FOR

ALL TRIPS WILL LEAVE AT 11:15 AM FROM OUTDOOR REC BLDG. NEAR SOUTHWEST LOOP
PRE-REGISTRATION IS REQUIRED FOR ALL TRIPS

PORT DIX OUTDOOR RECREATION
BLDG. NEAR SOUTHWEST LOOP, RT. 136, BOX 1000
PHONE: 609-562-2757/1667

MAKE A DIFFERENCE

Fort Dix is looking for interested residents who would like to volunteer

"Fort Dix volunteers improve the quality of life for all residents"

For those residents who want to make sure the Fort Dix community is the best it can be please

Call Army Community Service at 562-2767

NCO Call
at Club Dix
Wednesday evenings
at 6 p.m.

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Log on today

Armed Forces Bank

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Burl Co OB and GYN

New ranks earned by Dix Soldiers



Sgt. Nicole Dykstra, 72nd Field Artillery Brigade



Sgt. Nicole Dykstra, 72nd Field Artillery Brigade



courtesy photo

JOINING THE RANKS—Chief Warrant Officer Christopher Melchior, above left replaces the insignia of Master Sgt. Maurice Hall, 72nd Field Artillery Brigade, to reflect Hall's new rank and responsibility at a small ceremony held in front of brigade headquarters Jan. 6. The day before, 1st Lt. Lakisha L. Hale, 1-322nd Logistics Support Battalion, above, received her new rank. Her fiancé, Clifton Williams, was there to share in the congratulations and to switch her insignia for her as other members of the 1-322nd looked on. Friends and family were there to share in Sgt. Major Charles T. Scheels', 2nd Brigade, 75th Battle Command Training Division, promotion moment. Retired Capt. Calvin Simpson, left, pins new rank on Scheels while his family beams with pride.

Army leaders kick off 'Year of the NCO'

FORT BLISS, Texas (Army News Service, Jan. 6, 2009) — The Army's most senior leaders officially kicked off the service's year-long focus on the noncommissioned officer corps during a media event at Fort Bliss, Texas Jan. 5.

While at Fort Bliss, home of the Army's Sergeants Major Academy, Secretary of the Army Pete Geren, Chief of Staff of the Army George W. Casey Jr. and Sergeant Major of the Army Kenneth O. Preston revealed a letter the three had signed that announced the "Year of the NCO" — a year-long set of initiatives designed to focus on better developing the service's noncommissioned

officer corps.

"With our effort — the year of the NCO — we have many things we want to accomplish," Geren said. "One is to just recognize the contributions that our NCOs make — past and present — and recognize them for internal and external audiences. We want to inform the country, inform the Congress, and also inform young people about what NCOs do for our Army and help them better understand what an exciting opportunity and a career choice of being an NCO in the United States Army is."

The secretary also said the

Army has planned to initiate programs over the course of the year to help improve the professional development of

"We're taking this year and making it the Year of the Noncommissioned Officer, so we can recognize their courage, their commitment, their competence, and their contribution to this war."

— George W. Casey Jr., Chief of Staff of the Army

our NCO corps.

General Casey said the year-long recognition would focus on making enhancements to areas like NCO education, fitness and leadership. The recognition is also meant

to foster pride in service amongst NCOs and let the American public know what a "national asset" they have in the NCO Corps, the general said.

"We're taking this year and making it the Year of the Noncommissioned Officer, so we can recognize their courage, their commitment, their com-

petence, and their contribution to this war," Casey said.

According to the Year of the NCO Web site, the Army will implement several education initiatives to include the Army Career Tracker pilot and Phase 1 of Structured and Guided Self Development.

The Army will also launch the Warrior University Web site, including the "College of the American Soldier" and will begin transformation of the NCO Education System.

Additional education initiatives during the Year of the NCO include expanding the

number of online colleges under Servicemembers Opportunity Colleges Army Degrees, and digitizing the Learning Resource Center at the U.S. Army Sergeants Major Academy.

"There is no doubt in my mind that our noncommissioned officer corps is the glue that holds this Army together and allows us to accomplish the impossible," said Casey. "We wouldn't be the Army we are today without our noncommissioned officer corps, and I would not be the officer I am today without the noncommissioned officers who trained and mentored me throughout the years."

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improved to
better serve
YOU
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Bible Baptist

Calvary



Ryan Morton

Key to the future

Vincent Giordano, 99th Regional Support Command (RSC) Facility Manager, presents Major General William Monk, 99th RSC commander, the official key during the grand opening of the brand new 99th RSC headquarters building located on South Scott Plaza, Dec. 22, 2008. After the hand-off, Monk, members of the 99th RSC and Fort Dix commander, Col. Ronald Thaxton were treated to a tour of the new facility.

YELLOW BANNERS



PEACEKEEPER MAKERS — Capt. David Lane, commander, and 1st Sgt. James Nicholson, of the 135th Military Police Company, Ohio National Guard, out of Chagrin Falls, display their unit's Yellow Banner during a ceremony at Doughboy Gym Jan. 6. The unit is deploying to Iraq to conduct a Police Transition Training mission.



CALL TO DUTY — The leadership of the 607th Military Police Battalion and Headquarters and Headquarters Detachment out of Grand Prairie, Texas, display their unit's Yellow Banner during a ceremony at Doughboy Gym Dec. 29, 2008. The unit, 73 Soldiers strong, is headed to Iraq to perform duties as a Police Transition Team. From the left, Capt. Chad Marlette, HHD commander, Sgt. 1st Class Patrick Roach, acting first sergeant, Lt. Col. Efraim Delacruz, battalion commander, and Command Sgt. Maj. Larry Johnson.



VOLUNTEER SOLDIERS — Capt. Glenn Jackson, commander, and 1st Sgt. William Dean of the 267th Military Police Company, Tennessee National Guard, which hails out of Dixon, hold their unit's Yellow Banner during a ceremony at Doughboy Gym Jan. 6. The military police unit from the Volunteer State is headed to Iraq to train Iraqi police forces.



Capt. Derek Baron, commander, and 1st Sgt. Ed Peterson, 772nd Military Police Company, Massachusetts National Guard, out of Taunton, Mass., below left, display their unit's Yellow Banner at Doughboy Gym Dec. 29, 2008. The military police company is headed to Alkut, Iraq to perform a Police Transition Team mission. The Soldiers will train Iraqi police in law enforcement procedures for Iraqi communities in preparation for the eventual drawdown of American forces from the sovereign nation of Iraq.



READY TO GO — The leadership of the 314th Public Information Detachment, above, hold the unit's Yellow Banner during a ceremony at Doughboy Gym Dec. 29, 2008. From left, Sgt. 1st Class Jeremiah Glassford, acting first sergeant, Lt. Col. Ignacio Perez, commander, and Sgt. Maj. Troy Falardeau. The detachment hails from Birmingham, Ala. and is headed to Iraq to perform duties as a press camp. Maj. Mark Baucom, commander, and 1st Sgt. Larry Mears of the 343rd Public Information Detachment out of North Little Rock, Ark., below, display their unit's Yellow Banner during a ceremony at Doughboy Gym Jan. 6. The mobile public affairs outfit is heading for Iraq where the mission will be media operations.



photos by Wayne Cook



DEPLOY AND DETAIN — Lt. Col. John Jacobsen, commander, and Master Sgt. Scott McCaffrey, acting first sergeant, at top left, of the 343rd Military Police Team from the Fort Dix Kelly Reserve Center, proudly display their unit's Yellow Banner during a ceremony at Doughboy Gym Dec. 29, 2008. The local military police unit is headed once again to Iraq to perform a vital detainee operations mission in support of the Global War on Terrorism.

Combat Fitness Training Challenge!

NEW DAYS!

At the Griffith Field House (Bldg. 6053)

Maximize the benefits of your standard PFT training. Every Monday & Wednesday morning at 0630-0730hrs, challenge yourself and your unit to partake in this intense military-style organized group workout given by the GFH Fitness Staff-Certified Personal Trainers & Army Master Fitness Trainers.

The class will include the following:

- ★ Running
- ★ Military-Style Callisthenic & Drill Exercises
- ★ Cardio Kickboxing Combinations
- ★ Core Training Exercises
- ★ Stretching



For More info, please call the GFH at 609-562-4888; or the Fitness Staff at 609-562-2707.

(This class is reserved for Military ONLY)



NEIGHBORHOOD

THE CORNER

Tickets available for comedy show

Comedians and Showtime at the Apollo host, Capone, will perform at Club Dix on Jan. 16.

Also appearing that night will be "Big Jay" Oakerson. This show is a great chance to sit back, relax, laugh and de-stress with your friends.

The doors open at 7 p.m. and show starts at 8 p.m.

Tickets are \$10 and are available at Club Dix or Family, Morale, Welfare, recreation headquarters.

For more information call 723-3272.

Bob Sneed to appear at Dinner Theater



Actor-artist-historian Bob Sneed will perform his one-act play "Held in Trust" Jan. 29 at Club Dix. Sneed will bring to life the story of the adventures of Lt. Henry Ossian Flipper. Flipper was the first African-American cadet to graduate from the United States Military Academy at West Point.

Prior to the show, dinner will be served. Dinner runs from 5 p.m. to 6:30 p.m. and the show begins at 7 p.m.

Costs for the dinner theater is \$19 for adults and \$12 for children 12 and under. For more info or ticket sales, call Marianne Tatcher at 562-5355.

Vacancies available at School Aged Services

Vacancies are available for children in grades one through six at School Aged Services.

Transportation is available to and from schools in the Pemberton School District and North Hanover School District. Call Central Enrollment Registry at 562-4702/5231 for more information and to register.

Popular games return to Dix

Back by popular demand, it is card night at Club Dix. Bunco and Texas Hold'em return to the Club Jan. 23. The doors open at 6 p.m. and the games begin at 7 p.m.

The registration fee for Bunco is \$7. The registration fee for Texas Hold'em is \$19 in advance or \$24 at the door.

For more information contact Bob Vogt at 562-6772.

Respite child care available for deployed military

Families of Deployed Military, under TCS Orders, PCS accompanied Tour Orders, TDY Status for 90-179 Days Orders, Rear Detachment Cadre in support of immediate Families of deployed Soldiers, and Wounded Warriors or Fallen Warriors are eligible for many free and discounted services in Child Youth Services (CYS) respite child care, reduced full day care fees, free sports and instructional classes.

Please call 562-2242 for more information.

Newcomers Orientation scheduled

Army Community Service (ACS) invites newly arrived personnel and their family members to attend the ACS Newcomers' Orientation scheduled Jan. 15 from 9 a.m. to 2 p.m. at the ACS building, 5201 Maryland Avenue.

Come to find out what programs and services are available, ask questions and to get a sense of community.

A complimentary lunch at Club Dix is provided as well as a mini-tour of Fort Dix and McGuire facilities.

Free child care is also provided through the Child and Youth Services Central Registry. For child care registration please call 562-4702.

For more information or to register call Amada Espinoza or Patricia Toler at 562-2767.

Wayne Cook Public Affairs Staff

Members of Boy Scouts of America Troop 36 from Mount Holly delivered 17 boxes containing donated comfort kit items for mobilizing and demobilizing Soldiers to the American Red Cross Station on Fort Dix, Dec. 23, 2008.

The scouts gathered the donated items as part of a Life Service project for Robert Gross, an eighth grader at St. Paul School of Burlington. The Life Service Award is just below the Eagle Scout Award in the Boy Scouts' awards hierarchy.

When asked why he decided to help members of the military as his project Gross replied, "I had a friend once whose father was a military officer. I remembered him and decided that it might be a good idea to help out the people in the military. I got in contact with Sgt. Casciano and that got us rolling."

Tech. Sgt. Kevin Casciano is assigned to the Airmen and Family Readiness Center on McGuire Air Force Base and is the Air Force liaison to the Fort Dix Red Cross Station. He told Gross what items the military members could use and Gross took it from there.

Organizing members of his Scout troop, Gross contacted two local churches and requested permission to put out large boxes for members of the congregations to drop donated items into and put notices in the church newsletters.

He also put bags for donations on his neighbors' doors and collected all of the donations.

"A good portion of the troop helped me collect all of the donations. I couldn't do it all myself," he said.

Collect they did. The Scouts collected 17 boxes full of items like toothpaste, toothbrushes, shampoo, body lotion, Chap Stick, razors, shaving cream, Twizzlers and beef jerky.

Gross was accompanied to the Red Cross station by his younger brother, Justin, also a Scout, and his father.



Wayne Cook

COMFORT AND JOY -- Boy Scout Robert Gross, far right, organized a donation drive for comfort kit items for his Life Rank Service project. Gross, along with his brother, Justin, center, and other members of Troop 36, collected 17 boxes full of hygiene and snack items which were donated to the Fort Dix Red Cross Station and will be used to build comfort kits for mobilizing and demobilizing military members. Also present for the photo is McGuire Air Force Base Airmen and Family Readiness Center Red Cross liaison, Tech. Sgt. Kevin Casciano.

They were both proud of Robert's accomplishments and Justin is already looking forward to following in his brother's footsteps.

Robert was very happy to have completed his project while at the same time helping out the military.

"I feel pretty good about myself; that I was able to lead such a big project. I really didn't expect this much support so it makes me feel pretty good," he said.

"I wanted to say thank you to the military members for serving our country. I am glad to be able to serve them," he added.

Someone else who is glad for the Scouts' support is Patricia Selk-Welkenbach, Fort Dix Red Cross Station volunteer manager.

"I am so proud of all the Scouts and the support they give us at the Red Cross. The boys are really great. We couldn't serve the troops the way

we do without their help," she said.

Selk-Welkenbach is happy for any and all support given to the Red Cross but wanted to remind everybody that the mission is an ongoing, year-round process.

Help in that mission is welcomed at any time.

To contact the Fort Dix Red Cross Station about ways to volunteer or donate call Patricia Selk-Welkenbach at 562-2258.

Tips help get jump on tax season

MOUNTAINVIEW, New Jersey, January 5, 2009 -- "Earlier is better when it comes to working on your taxes. Taxpayers are encouraged to get a head start on preparing their taxes, especially since early filers avoid the last minute rush and get their refunds sooner," said IRS Spokesperson Gregg Semanick.

Here are ten easy ways to get a jump on your taxes long before the April 15 deadline is here.

1. Gather your records in advance. It's never too early to start getting together any documents or forms you'll need when filing your taxes:

receipts, canceled checks, and other documents that support an item of income or a deduction you're taking on your return. Also, be on the lookout for W-2s and 1099s, coming soon from your employer or financial institutions.

2. Find your forms. Whether you file a 1040 or 1040-EZ, you can download all IRS forms and publications from the IRS.gov Web site or request them by calling the IRS toll-free at 1-800-TAX-FORM (1-800-829-3676).

3. Do a little research. Check out IRS Publication 17 on IRS.gov. It's a

comprehensive collection of information for taxpayers highlighting everything you'll need to know when filing your return. Review Publication 17 to ensure you're taking all credits and deductions for which you're eligible. Publication 17 can be requested by calling the IRS toll-free at 1-800-TAX-FORM (1-800-829-3676).

4. Think ahead to how you'll file. Will you prepare your return yourself or go to a preparer? Do you qualify to file at no cost using Free File only available at the IRS.gov Web site? Are you eligible for free help at an IRS office or volunteer site through

the Volunteer Income Tax Assistance Program? Will you purchase tax preparation software or file online? There are many things to consider. So, give yourself time to weigh them all and find the option that best suits your needs.

5. Take your time. Rushing to get your return filed increase the chance you will make a mistake and not catch it. Take your time to ensure you do not miss out on any tax deductions, credits and benefits.

6. Double-check your return. Mistakes will slow down the processing of your return. In particular, make sure all the Social Security Numbers and math calculations are correct as these are the most common errors made by taxpayers. Taking care will reduce your chance of making an error. The error rate on paper filed returns is approximately 20 percent, one out of every five returns filed, compared to only about 1 percent with an e-filed tax return.

7. Consider e-file. When you file electronically, the computer will handle the math calculations for you, and you will get your refund in about half the time it takes when you file a paper return. Over 2.5 million New Jerseyans e-filed their tax returns with the IRS last year. E-filing is available through the IRS.gov Web site. Taxpayers can also file for free and online at IRS.gov using the Free File Program. The Free File Program can be used by taxpayers with an Adjusted Gross Income (AGI) of \$56,000 or less. Over 60 percent of New Jersey filers qualify for the Free File Program.

8. Think about Direct Deposit. If you elect to have your refund directly deposited into your bank account, you'll receive it faster than waiting for a check by mail.

You can expect to receive your refund in as little as ten days by filing your tax return electronically along with requesting your refund via direct deposit. In New Jersey, approximately 75 percent of all filers receive a refund.

9. Visit IRS.gov often. The official IRS Web site is a great place to find everything you'll need to file your tax return: tax forms, tax tips, Frequently Asked Questions (FAQs) and updates on tax law changes. Check out the "1040 Central" feature at IRS.gov during the filing season.

10. Relax. There's no need to panic. If you run into a problem, remember the IRS is there to help. Try the IRS.gov Web site or call the IRS toll-free at 800-829-1040.



Jennifer Chupko

Fighting frozen water

While water is normally a friend to firefighters, on Jan. 6 it became the adversary. Members of the Fort Dix Fire Department took advantage of the frigid weather to perform training exercises on Dogwood Pond. The department used an ice sled to practice icy water rescues. Firefighter Mark Juengert, red helmet, is pulled to shore after rescuing Firefighter Jimmy McDonough who played the role of someone who had fallen through the ice. The rescue crew uses a specially designed oar with an ice pick in the handle to aid rescue efforts.

Generosity abounds around Fort Dix



Pfc. Christine Bernat, 314th Public Affairs Operation Center.

GIVING SPIRIT — Deron School students, Jo'nay and Nick, above, move boxes of canned goods to the Army Emergency Relief food pantry Dec. 19, 2008. The students traveled from Union City to donate 13 boxes of food and \$150 in commissary gift cards to help Soldiers and families in need. The children's last names were withheld at parents request. Amada Espinoza, Army Community Services, far left, accepts a mountain bike, helmet and boxes of Godiva chocolates from Lt. Col. (Ret.) Fred McGowan and his daughter, Kris Breuer Dec. 22, 2008. Breuer and McGowan donated the items to military families in need.



Ryan Morton

non-lethal technology

(continued from page 1)

snake-like cameras that "look" into hard-to-see places, sending video to a display screen mounted on the user's wrist.

"This is a train-the-trainer course," said Capt. Curtis Drake, the 56th's brigade engineer who served as range and facility officer for the training.

"It's definitely real self explanatory training. It's new equipment we've never worked with before," Drake said. "Now these soldiers will take this knowledge back to their units."

Drake said he is especially impressed with a portable net and spike system designed to wrap around the axle of a speeding vehicle, stopping it before it can speed through a checkpoint. The checkpoint equipment system allows for the normal flow of traffic.

Non-lethal systems included in the set range from simple, commercially available items such as bean bag rounds and pepper spray to a high-tech speech translator. Non-lethal systems have been credited with reducing the use of lethal force and reducing collateral damage.

Eric Niver, a trainer from the Army Non-Lethal Scalable Effects Center, based at the Military Police School at Fort Leonard Wood, Mo., said the Army began fielding the equipment packages this summer under a plan that allows units to put the equipment on their property books, as opposed to having use of the equipment only while in the-

ater.

Niver said having ownership of the equipment will allow the Pennsylvania Guard unit to train on it during week-end drills or annual training periods in the future. The Effects Center develops training programs on the use of non-lethal systems.

"There are a lot of working parts," Niver said of the training specialists, many of them retired from military service, who work with firms contracted to conduct the on-site training.

Soldiers practiced firing the electric Taser gun. Volunteer students were shot by an instructor with the so-called "stun gun" as part of an exercise designed to demonstrate that those hit by the device are briefly incapacitated but quickly recover.

"This interferes with neuromuscular impulses," said Tom Martens, technical trainer with Concurrent. "It's more disorienting than anything. It allows soldiers to safely subdue an individual and take that person into custody."

Martens said recovery time is typically less than a minute.

Jeff Teats, a training specialist with MNET (Munitions and New Equipment Training), Picatinny Arsenal, N.J., said up to 50 percent of students typically volunteers to be "Tased."

The Pennsylvania Guard soldiers brought their civilian experience to the training.

"They did very well. Obviously we have a lot of experience here, a lot of

senior NCOs and a lot of law enforcement guys on the civilian side, so they're familiar with shotguns and other weapon systems," said David Fadl, one of the non-lethal instructors.

Other objects in the non-lethal system set include acoustic hailing devices, portable light sets and riot control equipment. Soldiers practiced on the firing range with non-lethal rounds fired from shotguns and grenade launchers.

"There are two types of round. One's a point round, meaning it's a non-lethal round for an individual, the other is a crowd dispersal round," Fadl said. "The crowd dispersal round is almost like birdshot (small metal shot), but using rubber balls."

Staff Sgt. Javier Garcia, Headquarters Troop, 2-104th Cav., of Mount Pocono, Pa., said going into the training he knew what a Taser is but was not familiar with other non-lethal systems.

"There are a lot of instances in which we could use this equipment over there," he said.

"It's one more method we could use before having to use lethal force."

"It's definitely going to save lives. We definitely need this kind of equipment on our bases," he said. This gives you another opportunity, it's the second to the last, lethal resort."

Soldiers completing the training are provided with a memo denoting their completion of the course.

About 4,000 56th SBCT Soldiers are slated to deploy to Iraq in February.



photos by Sgt. Douglas Roles

SET TO STUN — Staff Sgt. Robert Radswillas, 1-111th HHC Recon Platoon, prepares to fire non-lethal rounds from his M203 grenade launcher Jan. 7. Radswillas, a Douglasville, Pa. resident, was among the 56th Stryker Brigade Combat Team, Pennsylvania National Guard Soldiers to participate in four days of train-the-trainer instruction in non-lethal systems.

Maguire Chevrolet



SPEAKING MY LANGUAGE — Non-lethal subject matter expert Troy McVay explains the capabilities of a Phraselator to Soldiers of the 56th Stryker Brigade Combat Team, Jan. 7. The device translates selected English words and phrases into six different languages.

Help available to beat 'baby blues'

Most new mothers — anywhere from 60 to 80 percent — experience at least a brief episode of the "baby blues" — feelings of sadness, anxiety, loneliness, or moodiness — within the first few days of giving birth. After a couple of weeks these symptoms typically disappear.

However, when symptoms persist or deepen in intensity, they may be signs of postpartum depression (PPD). The important thing is to understand the difference and to get help when it is needed.

PPD can affect any woman who has recently had a baby, has ended a pregnancy or has

miscarried, or who has stopped breast-feeding, but the signs of depression can also appear earlier — when a woman is pregnant, or even planning to be. Regardless of when it occurs, the key message is that PPD is treatable, and treatment is available. Healthcare providers can diagnose PPD and help a woman find the best treatment for her.

The causes may be biological, psychological, or hormonal. The New Jersey Department of Health and Senior Services estimates that one woman in eight experiences PPD.

There is no need to struggle

alone. Family members can play an important role by recognizing the warning signs of PPD, helping the woman seek help and providing support. The warning signs are different for everyone but include:

- Feeling exhausted, irritable, angry or nervous
- Lack of interest in the baby
- Feelings of being a bad mother
- Crying uncontrollably
- Feelings of guilt, worthlessness or hopelessness
- Thoughts of harming the baby or herself

Women affected by PPD are fortunate to have numer-

ous resources available to them. In this area, they can contact the Southern New Jersey Perinatal Cooperative, which covers Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester and Salem Counties, inc. (856-665-6000) for more information.

New Jersey Department of Health and Senior Services provides a statewide PPD helpline (1-800-328-3838) 24 hours a day, seven days a week to answer questions about PPD and available resources, as well as a comprehensive informational web site at (www.njspeakup.gov).

Apell and Detrick

Announcements

Chapel Services

562-2020
Sunday Services

Protestant
9 a.m. to 10 a.m.

Catholic
10:15 a.m. to 11:15 a.m.

Gospel
11:30 a.m. to 1 p.m.

Sunday School
10 a.m. to 11:15 a.m.

CDD
9:15 a.m. to 10 a.m.

Chapel 5 - Bldg. 5950
Church Street

General Protestant Service
6:30 p.m.

COL-Chaplain's tent
Hour of Power Protestant
8 a.m. to 9 a.m.

Catholic
8 a.m. to 9 a.m.

Mormon
8 a.m. to 9 a.m.

Jewish
8 a.m. to 9 a.m.

Islamic Prayer Room
Open 7 a.m. to 4:30 p.m.
Monday through Friday
Room 24

Religious Activities

Christian Men of the Chapel
Prayer Breakfast
Fourth Saturday of each
month
9 a.m. to 11 a.m.

Christian Women of the Chapel
Meets every Tuesday
9:30 a.m. to 11:30 a.m.
at the Chapel and the
fourth Tuesday at
Buttonwood Hospital.

SKIES Unlimited

Ballet
Wednesdays
\$45 Fee
3-5 years
3:30 p.m. to 4:15 p.m.
4 and up
4:30 p.m. to 5:15 p.m.
Child Development Center

Gymnastics
Weekly
2-3 year olds - 30 min. classes
\$40 per month
4-6 year olds - 45 min. classes
\$45 per month
Child Development Center

Piano Lessons
Fee \$20 for 1/2 hour

Cheerleading
Saturdays
\$45 Fee
5-9 years - 10 a.m. to 11 a.m.
10-18 years - 11 a.m. to noon
Youth Center

Martial Arts
Wednesday & Friday
\$37 Fee
7-18 years
7 p.m. to 8 p.m.
Youth Center

Fort Dix is looking for Interested residents who would like to volunteer
"Fort Dix volunteers improve the quality of life for all residents"
Call ACS at 562-2767

ACS
562-2767
Bldg. 5201 Maryland Avenue

Calendar of Events

Tuesday, Jan. 13
Becoming A Real
Estate Agent
2:30 p.m. to 7 p.m.
ACS

Wednesday, Jan. 14
Solving the
Mysteries of
Credit
1:30 p.m. to 2:30 p.m.
ACS

Thursday, Jan. 15
Martin Luther King Jr.
Birthday Luncheon \$15
11:30 a.m. to 1 p.m.
Club Dix
Call: 562-2666

Fort Dix Spouses Club

Bunco Night at the Spouses Club
Jan. 21, 7 p.m., \$5 fee
Participants are asked to bring a frozen food to share and come join the fun. Play for a prize at Lisa Williams' home. Contact Jennifer Sanders at (609) 353-1470 on or before Monday, Jan. 19 for additional information, reservations, and directions.

Griffith Field House
Bldg. 6053 562-4888
Monday, Wednesday, Friday

Combat Fitness Challenge
Military Only
6:30 a.m. to 7:30 a.m.

Monday
Mind & Body Yoga
Noon to 12:45 p.m.

Total Toning
5:15 p.m. to 6:15 p.m.

Gut Buster!
6:15 p.m. to 7 p.m.

Tuesday
Retirees in Motion
9 a.m. to 9:30 a.m.

Spin-It!
Noon to 12:45 p.m.

Intro to Fitness
5:15 p.m. to 6:15 p.m.

Wednesday
Turbo Kick
Noon to 12:45 p.m.

Circuit Training
5:15 p.m. to 6:15 p.m.

Thursday
Kick Boxing Interval
Noon to 12:45 p.m.

Pilates Fusion
5:15 p.m. to 6:15 p.m.

Turbo Kick
6:15 p.m. to 7 p.m.

Friday
Spin-It!
Noon to 12:45 p.m.

Youth Center

562-5061
Bldg. 1279 Locust Street

Hours of Operation:

Monday - Friday
2 p.m. to 7 p.m.

Saturday
1 p.m. to 7 p.m.
Sunday CLOSED

Administrative Hours:
Tuesday through Friday
Noon to 6 p.m.

Monday - Friday
Power Hour
2:30 p.m. to 4 p.m.

Computer Lab
4 p.m. to 6 p.m.

Saturday, Jan. 10
Volleyball Game
4 p.m. to 5 p.m.

Tuesday, Jan. 13
Triple Play
3:45 p.m. to 4:45 p.m.

Wednesday, Jan. 14
Fashion Design
3:45 p.m. to 4:45 p.m.

Thursday, Jan. 15
Cosmetology
3:45 p.m. to 4:45 p.m.

Friday, Jan. 16
Scrapbooking
3:45 p.m. to 4:45 p.m.

Saturday, Jan. 17
DDR competition
4 p.m. to 5 p.m.

Fountain Green Golf Course
FGGC News and Events
Winter Hours
7 a.m. to 4 p.m.

The Golf Course remains open for play during the Winter - *Conditions Permitting*

Visit our well stocked Pro-Shop. Stop in to see all of our great sales on the winter inventory. Gift certificates in any denomination are available at the Pro-Shop.

Community Newcomers' Orientation
Information • Tour • Free Lunch • Free Child Care • and Much More!
Every 3rd Thursday of Each Month
(9:00am - 2:00pm)
At the Army Community Service
(ACS) Building 5201 Maryland Avenue
New Service and Family Members are invited to attend this Orientation to discover more of the little known wonders of Fort Dix and the surrounding area. (We all of the youngsters...)
For More Information Call:
1-800-562-2767

FMWR presents
CLUB DIX 723-3272
Club Dix Hours of Operation

Java Café
Monday through Friday
7 a.m. to 1:30 p.m.

Smokehouse Restaurant
Lunch Served
Tuesday through Friday
11 a.m. to 1:30 p.m.
Saturday through Monday
Closed

Blue Room
Wednesday
5 p.m. to 10 p.m.
Thursday through Saturday
6 p.m. to 10 p.m.
Sunday through Tuesday
Closed

Computer Lab
Monday and Tuesday
7 a.m. to 1:30 p.m.
Wednesday through Friday
7 a.m. to 10 p.m.
Saturday
Noon to 10 p.m.
Sunday
10 a.m. to 6 p.m.

Out door Equipment Rental Center
Monday through Friday
10 a.m. to 5 p.m.

Upcoming Events
Hilarious comedian Capone along with "Big Jay" Oakeson. A night to sit back, relax, laugh and de-stress with friends Jan. 16. Doors open at 7 p.m. and the show starts at 8 p.m. Tickets cost \$10. You won't want to miss this show. For more information contact Club Dix at 723-3272.

Bunco and Texas Hold'em
Jan. 23, 7 p.m.
Admission to Bunco is \$7 and if you pre-register Texas hold'em is only \$19; \$24 at the door. For more information contact Bob Vogt at 562-6772.

Black History Dinner Theater "Held In Trust"
Jan. 29 Actor/artist Bob Sneed brings to life the story of Henry Ossian Flipper the third black to be accepted into West Point Military Academy. Tickets are now available, call 522-5355 for details.

Arts & Crafts
Bldg. 6039 562-5691
Registration Hours:

Tuesday
9 a.m. to 4:45 p.m.

Wednesday & Thursday
Noon to 5 p.m. and
6 p.m. to 8:45 p.m.

Friday
11 a.m. to 4:45 p.m.

Saturday
9 a.m. to 4:45 p.m.

Note: Arts & Crafts will be closed Jan. 20 for Martin Luther King, Jr. Birthday and Feb. 17 for President's Day.

Black History Month Exhibit
View prints of the work of famous African American artists, on display through the month of February.

Quilts for Kids
Jan. 10 or Feb. 14,
11 a.m. to 3 p.m.
Join us and make quilts for kids in long term healthcare, safe houses and for our Wounded Warriors. Learn everything you need to know for simple but beautiful quilts using fabulous designer fabrics from showrooms and design houses around the world as well as our own stash.

Adult Pottery Class
Jan. 14 through Feb. 18 (6 weeks) \$60 registration fee plus materials. Wednesdays 6:30 p.m. to 9 p.m. Pre-registration required. The class will focus on beginning wheel throwing techniques. In addition explore basic hand-building skills such as pinching, coiling and slab construction. Students will be taught through demonstrations and can use the techniques shown to create their own projects. Glazes and firing are provided. Open to beginners through intermediate.

Everybody's favorite hand-bag revisited
Jan. 15, 6:15 p.m. to 9 p.m.
\$15.00
Cute, easy and sew much fun. Perk up the winter doldrums with a snappy purse. Peek at the sample ideas when you pick up supply list at registration.

Exploring Windows
Jan. 22, 6:15 p.m. to 9 p.m. or Jan. 24, 9:15 a.m. to noon
Decorate your windows in style without paying custom window treatment prices. Plain panels are nice. Add a jabot or scarf and create magic. Learn the basics, get ideas, be inspired. Then sign-up for the new Saturday morning series "Breakfast at My Window." \$20 fee.

Adult Introductory Drawing and Painting Class
Thursdays 6:30 p.m. to 8:30 p.m. Jan. 8 through Feb. 12
Discover all new drawing and painting techniques or brush up on already acquired artistic skills. Course covers various drawing and paint media such as: pencil, charcoal, chalk pastels and oil pastels, mixed media, acrylic and watercolor paint.

United Communities
Upcoming Events:

Need a computer?
Stop by the United Communities Leasing Office and use the internet café. This service is free to all residents of United Communities

Photo Contest
Get your cameras ready! United Communities is hosting a photo contest to find the best photos of the housing area. Winners for first and second place will receive gift cards. The photos will be displayed on the United Communities website. Photos are due to the United Communities leasing office by Jan. 12.

Going Green with Compaction
United Communities is proud to support the base initiative of "Going Green." Compactors support a green environment for many reasons:
• Fewer trucks driving through the base emitting fewer emissions.
• Fewer trips to the landfill with a smaller size load with more weight.
• Trash compactors promote our recycling program because with a regular door to door pick up of recycling, people are inclined to recycle rather than take a trip to the trash compactor.
• Thank you for supporting our efforts in "going green" and helping us improve our environment.

Residential Refuse Collection

Monday and Tuesday
Green waste

Tuesday
Fort Dix Areas
201, 502, 5400s
1200s, 1500s, 1600s

Wednesday
McGuire AFB
4000s Except 4013 - 4027
4200s Except 4252 - 4260

Friday
McGuire AFB
4013 - 4027; 4252 - 4260
4300s, 4400s and 4500s
*Bulk trash is picked up on regular trash day.

Recycling picked up every other Thursday
January 15 and 29
February 12 and 26
March 26
Second recycling bins are available upon request. Call the United Communities Self Help Office at 724-0550.
*Bulk trash is picked the trash day designated for each area. Trash compactors are located on the property for bulk items.
*It is important to only put trash out on scheduled days.
*Only cans, glass bottles, and plastics are put in yellow/blue recycling bins.
*Cardboard and paper must be banded or placed in a low lying container.

SPORTS

Sledding Soldiers earn place on team



U.S. Army photo

QUICK START -- U.S. Army World Class Athlete Program bobsledders 1st Lt. Lorenzo Smith, Spc. Mike Kohn and Spc. Steve Holcomb compete in the 2004 World Cup four-man bobsled competition. Kohn is now a sergeant in the National Guard Outstanding Athlete Program. Pfc. John Napier is also a part of the program, and teamed with Cory Butler to win the two-man title in the 2009 U.S. Bobsled National Championships Jan. 3-4.

Fitness marathon can help reach New Year goals

Ed Mingin
Public Affairs Staff

Getting in shape may be one of the most common New Year resolutions people make, and the Griffith Field House staff is going to help with a special three-hour fitness marathon Jan. 10, starting at 9 a.m.

"It's a great way to start the new year. It's a way for us to help kick-start that popular New Year's resolution of getting in shape," said Richelle

Weiland, a fitness instructor at the Field House. The class is designed to be challenging, but not out of the reach of new comers.

"It's for everyone," said Gina Accardo, who will be leading the first section of the fitness marathon. "We can tailor all of our classes to meet everyone's fitness level."

Instead of offering a typical aerobics type class, the field house staff decided to spice up the fitness marathon with a Latin theme.



Ed Mingin

IN STEP -- Richelle Weiland leads Soldiers during a combatives fitness class Jan. 8. Weiland will be at the Griffith Field House Jan. 10, with Gina Accardo and Pam Smith, to host a three-hour fitness marathon.

"It's called Livin' La Vida Loca," said Weiland. "Just to make it a bit of fun. The first hour is Sizzling Step and Sculpt, that's with Gina. Then I do Zesty Zumba at 10. Pam [Smith] will finish it up with Hot Tamale Total Toning. We'll have a light lunch after the class."

The cost for the fitness marathon is \$8 in advance, or \$10 the day of the event. The fitness marathon might be a good start toward a goal of fitness, but the field house staff offers another service that can help.

"We can set up personalized fitness programs," said Weiland. "All you have to do is call us and make an appointment. We'll do a fitness evaluation, check body fat, and see what their personal fitness goals are. Based upon their fitness goals, we'll design a workout, including cardio and strength training."

Once a program is developed, the trainers will work one-on-one and walk through it.

"We take them through their personalized program to make sure they know how to do everything. Then, eight weeks later, we reevaluate them," said Weiland.

The personalized fitness program is offered at no cost. For more information about programs offered at the Griffith Field House, call 562-4888.

Sports Shorts

Griffith Field House
Saturday & Sunday
9 a.m. to 5 p.m.
Monday - Friday
6 a.m. to 9 p.m.

Free event for all military members

UFC legend and Hall of Famer Royce Gracie will be headlining the Allies Inc. WINTER - PALOOZA fundraiser Jan. 29, 2009 at 6 p.m. at KatManDu, the popular restaurant club on the waterfront in Trenton.

Royce's appearance will help raise money for Allies Inc., a registered and accredited 501 (c) (3) nonprofit company with 750 employees that serves 2,000 people with various disabilities throughout New Jersey.

Also appearing will be Miss New Jersey 2008, Ashley Fairfield. Guests will meet, sign autographs and

pose for pictures with supporters of this event.

Live music will be performed by the dance cover band Famous by Monday.

FOR THE KIDS There will be mascots (the Chick-fil-A cow and Boomer-the Trenton Thunder mascot), prizes, games, and free face painting. It will be a night of fun, games, food, drink, dancing and great raffle prizes including a 26" flat screen HDTV all for a great cause. Tickets are \$20. This event is free for anyone with military ID, and for kids under 18. Call 609-509-1065 for more information.

Fitness Marathon

Kick your fitness program into FULL GEAR! Join the Griffith Field House staff Jan. 10 for the New Year's Resolution 3-Hour Aerobic/Fitness Marathon! Start the morning at 9 a.m. with Gina's Sizzling Step & Sculpt. At 10 a.m., join

Richelle for Zesty Zumba. Then, wrap up the morning with an hour of Total Toning with Pam.

Registration is \$8 in advance and \$10 at the door, and includes a Fiesta Lunch. Call 562-4888 for more details.

Combat Fitness Challenge

Maximize the benefits of standard physical fitness training at the Griffith Field House.

The Combat Fitness Training Challenge, every Monday and Wednesday from 6:30 a.m. - 7:30 a.m. is an intense military-style group workout given by certified Griffith Field House personal trainers and Army master fitness trainers.

The class includes running, military-style calisthenics and drill exercises, cardio kickboxing and more. Call (609)562-4888 for more information.

Tim Hipps
FMWRC Public Affairs

ALEXANDRIA, Va. -- Several Soldiers have bolstered the United States Bobsled Team for the 2009 World Championships, scheduled for Feb. 20 through March 1 in Lake Placid, N.Y.

Pfc. John Napier, a bobsledder in the U.S. Army World Class Athlete Program, teamed with Cory Butler of Yucaipa, Calif., to win the two-man title in the 2009 U.S. Bobsled National Championships Jan. 3-4 at the Olympic Sports Complex in Lake Placid.

Napier, 22, of Lake Placid, drove the sled to a four-heat cumulative time of 3 minutes, 45.87 seconds over two days to win the national two-man crown by .30 of a second. He will also compete for the four-man national title Jan. 10-11 on his hometown track.

"I was racing against a fierce field of competitors," Napier said. "I only had a tenth-of-a-second lead yesterday, and anything can happen in this sport. I don't take anything for granted, and I knew I had to put down my best runs today to stay in the lead."

Sgt. Mike Kohn, 36, a former WCAP bobsledder who is now a member of the National Guard Outstanding Athlete Program, finished second in the two-man national championships with a time of 3:46.17.

Former WCAP bobsledder Steven Holcomb, winner of the 2007 Two-man World Cup title, teamed with Curt Tomaszewicz to finish third in 3:46.57 in Lake Placid with borrowed equipment. Holcomb was awaiting delivery of his sled from Europe, where he positioned himself third in the early-season World Cup standings.

"It's tough not having your own equipment," Holcomb said. "The runners I'm borrowing are nicknamed 'warms,' and they aren't intended for cold ice. On a day like today, where temperatures are flirting with the negative numbers, it's hard to keep the sled straight."

Holcomb, 28, a native of Park City, Utah, who served seven years in the Army National Guard, received a bye into the World Championships by virtue of his third-place finish in the combined world rankings last season.

Kohn and Holcomb will also compete in different sleds than Napier in the four-man national championships.

"It would have been nice to have had my own helmet and sled, but it's another day of racing," Holcomb said. "I can't take anything away from these guys because they're sliding well. I'm top three in the world, and these guys are right there with me today, which is testament to the U.S. program."

"It's exciting to see a tight competition like this," said Darrin Steele, chief executive officer of the United States Bobsled Federation. "For us to see American-made sleds that are the best in the world out here competing in the national championships is great. We'll be entering six competitive sleds this February."

Former WCAP bobsledder Shauna Rohbock, 31, a member of the Utah Army National Guard from Park City, pilots the Team USA 1 women's sled on the World Cup circuit and is scheduled to compete in the upcoming World Championships as well.

Rohbock teamed with Valerie Fleming to win a silver medal in the two-woman bobsled event at the 2006 Winter Olympics in Turin, Italy. She also won bronze medals at the 2005 and 2007 World Championships.

Court's in session at Griffith



Ed Mingin

The 2009 basketball preseason tournament started Jan. 7 at the Griffith Field House. The first game of the season had the Beasts taking on the Dunkadelics. The Beasts went on to a commanding 60 - 40 victory. Ervin Marion scores two for the Beasts, left. Thirteen teams are competing in the Fort Dix Intramural League. Games are held at the Griffith Field House Tuesday, Wednesday and Thursday nights, starting at 6 p.m. The preseason championship game will be Jan. 21, at the Field House. To keep track of your favorite team, throughout the season, log onto quickscores.com/fdix for scores and standings.

Meet Royce Gracie
UFC Legend & Hall of Famer

And help support people with special needs

January 29, 2009
\$20.00 per ticket 6:00 PM
(Kids & Military ID Free)

KAT-MAN-DU
Route 29, Trenton, NJ
www.katmandurenton.com

Also Meet
Miss NJ 2008 Ashley Fairfield

EVENT FEATURES:

- Autograph signing & photo opportunity
- Live Cover Music from Famous by Monday
- Raffle prizes include a 26" flat screen HDTV and gifts from UFC and Tapout
- Sign Language Interpreter is Provided

FOR THE KIDS:

- Appearances by Chick-fil-A cow - games - prizes
- Boomer (Trenton Thunder Mascot) - facepainter

PROUD PARTNERS:

LaRocca & Associates, P.C.
DeVry University
Hovnanian

For ticket information, please call 609-509-1065 or go to www.alliesbenefit.blogspot.com